What is claimed is:

- 1 1. A personal computer card comprising:
- an extensible antenna;
- a coil spring that pushes the antenna from a
- 4 retracted to an extended position; and
- 5 a track laterally displaced with respect to the
- 6 coil spring to guide the antenna as it is pushed to its
- 7 extended position.
- 1 2. The card of claim 1 wherein said track extends
- 2 parallel to but is laterally displaced from the coil
- 3 spring.
- 1 3. The card of claim 2 including a catch that
- 2 retains said antenna in the retracted position.
- 1 4. The card of claim 3 wherein said catch is
- 2 released when the antenna is pushed beyond its retracted
- 3 position.
- 1 5. The card of claim 3 including a heart-shaped
- 2 groove, said catch including a finger that rides in said
- 3 groove.
- 1 6. The card of claim 5 wherein said finger is L-
- 2 shaped and includes a free end.

- 7. The card of claim 6 wherein said groove is heart-
- 2 shaped.
- 1 8. The card of claim 7 wherein said groove includes
- 2 a locking position which holds said end to resist movement
- 3 of said antenna.
- 9. The card of claim 8 wherein said catch is spring
- 2 biased.
- 1 10. The card of claim 1 including a traveler that
- 2 mounts said antenna and makes an electrical connection with
- 3 a printed circuit board when said antenna is in its
- 4 extended position.
- 1 11. A method comprising:
- 2 providing an extensible antenna in a personal
- 3 computer card;
- 4 providing a coil spring that pushes the antenna
- 5 from a retracted to an extended position; and
- 6 displacing a track laterally with respect to the
- 7 coil spring to guide the antenna as it is pushed to its
- 8 extended position.

- 1 12. The method of claim 11 including extending said
- 2 track parallel to but laterally displaced from the coil
- 3 spring.
- 1 13. The method of claim 11 including positioning a
- 2 catch to releasably retain said antenna in the retracted
- 3 position and enabling the catch to be released when the
- 4 antenna is pushed beyond its retracted position.
- 1 14. The method of claim 13 including enabling the
- 2 antenna to move more than 17 millimeters.
- 1 15. The method of claim 11 including enabling the
- 2 antenna to move approximately 27 millimeters.
- 1 16. A traveler for extending an antenna out of a
- 2 personal computer card, said traveler comprising:
- 3 an extensible antenna;
- 4 a coil spring that pushes the antenna from a
- 5 retracted to an extended position; and
- a track engaging element, said element laterally
- 7 spaced with respect to the coil spring to enable the
- 8 antenna to be guided as it is pushed to its extended
- 9 position.

- 1 17. The traveler of claim 16 wherein said track
- 2 engaging element includes a U-shaped portion.
- 1 18. The traveler of claim 17 including an L-shaped
- 2 member that engages said coil spring and includes a track
- 3 that is engaged by said element.
- 1 19. The traveler of claim 16 including a resilient
- 2 catch mounted on said element to engage said traveler.
- 1 20. The traveler of claim 18 wherein said traveler
- 2 includes a heart-shaped grove, said catch including a
- 3 finger that rides in said groove.